

Simmons Cancer Institute Offers Exercise, Yoga Classes

Free exercise and yoga classes specifically tailored for individuals who have or have had cancer will begin Tuesday, September 7, at the Simmons Cancer Institute, Side-by-Side Place of Wellness, 315 W. Carpenter (Room 3015), Springfield.

The one-hour exercise classes, led by Betsy Link, will be held every Tuesday and Friday at 12:30 p.m. Link has a bachelor's degree in health, leisure and fitness and certifications from the American College of Sports Medicine.

Two sessions of yoga also will be held each week. The first yoga class for patients and survivors begins at 8:30 a.m. Wednesday, September 8. A late afternoon yoga class for patients, survivors, family members and caregivers will be held at 4:30 p.m. every Thursday beginning September 9.

Yoga classes, taught by Carol Dunaway, are certified for individuals who are going through treatment or who are cancer survivors. Dunaway is a certified Viniyoga therapist. Viniyoga modifies the postures to meet individual needs and emphasizes the breath.

For more information regarding the class, call Ellen Brotzman-DeSart at SIU's Side-by-Side Place of Wellness at 217-545-0798 weekdays.

The mission of the Simmons Cancer Institute at SIU is to serve the people of central and southern Illinois by addressing their present and future cancer care needs through medical education, biomedical research and patient service. Its Web site is www.siumed.edu/cancer.